

THE 50+ Connection

NEWS and EVENTS from the
Howard County Office on Aging and Independence

A Publication of the Department of Community Resources and Services

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Your Master Aging Virtual Showcase: October 23

Last October, Howard County's Office on Aging and Independence (OAI) debuted Master Aging, a live event intended to reframe the concept of aging and highlight innovative opportunities for older adults to age well. This year, we are operating under a new normal amid a global pandemic, OAI team members are working to serve the community remotely and all 50+ Centers are closed. During these uncertain times, more and more of the county's older adults are relying on virtual connections to stay informed and engaged. On October 23, OAI takes this experience to the next level with the **Office on Aging and Independence Showcase: A Master Aging Experience**.

"When it became clear that holding a live event was not possible this year, OAI started thinking of ways to blend the spirit of the Master Aging concept with a comprehensive overview of all that our office offers older adults, presented in an alternate format," said OAI Administrator Jenna Crawley. "The **Virtual Showcase** will have something for everyone and can be viewed in the comfort and safety of your own home."

From 9 a.m. to 2 p.m., the WebEx event will include a mix of live and pre-recorded segments, as well as a glimpse of some of OAI's popular virtual programs. Following the "live" virtual event, all programs will be available on our website at www.howardcountymd.gov/masteraging.

Showcase Highlights

- The release of the **2021 Resource Guide** for Older Adults and Adults with Disabilities
- **Discover the Howard County Office on Aging and Independence** by Jenna Crawley, OAI Administrator
- **Maryland Access Point** (OAI's information, assistance, and referral service) Learn about the many programs and services; where to start and how MAP can help; plus, learn about Options Counseling.
- **Understanding Medicare** — State Health Insurance Program (SHIP) staff discuss Medicare Open Enrollment and an overview of Medicare 101 and 102.
- **Long-Term Care Ombudsman Program** — An overview of this program includes advocacy and education of rights for residents of nursing homes and assisted living facilities, and the Senior Assisted Living Subsidy Program.
- **Assistive Devices and Technology (ADT)** — OAI's Community Living Program hosts a demonstration to promote independent living. Also, take a video tour of the Loan Closet's equipment cleaning, donation process and other services.
- **Focus on Nutrition** — this session reviews the eligibility and registration requirements for the Grab & Go Meal Distribution program for older adults.

Additional Featured Presentations

A slide show will highlight the many virtual programs available through our 50+ Centers, plus — in anticipation of reopening when safe to do so — catch a sneak peek of the newly-renovated Bain 50+ Center and video tours of the Elkridge and Ellicott City fitness rooms! Get a feel for what awaits you at the centers with an exercise break by trainer Michelle Rosenfeld, and enjoy a History Alive presentation by Mary Ann Jung, featuring her portrayal of suffragette Elizabeth Cady Stanton.

A Message from Howard County Executive Calvin Ball



Amid the uncertainty of living through a global pandemic, it is important to continue routines and make plans to stay healthy and engaged in our community. Each October one of the first things on my list is to get a flu shot. Especially this year, it's important for residents of all ages to be vigilant and cautious because of the COVID-19 pandemic. If you haven't already, discuss getting a flu shot with your doctor, call the Howard County Health Department at 410-313-6300, or visit www.howardcountymd.gov/seasonalflu to find options in your area.

For the upcoming General Election, we are encouraging everyone to vote by mail. All Maryland residents should receive an application for a mail-in ballot; to avoid delays, you may also request your mail-in-ballot at voterservices.elections.maryland.gov. The deadline to request a mail-in ballot is October 20. Howard County will also have early voting centers and options to vote in person on election day, November 3, 2020.

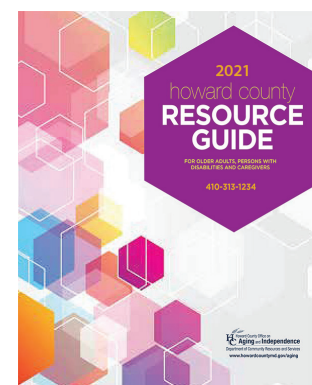
Stay connected with family and friends by participating in Walk Maryland on October 7 — a virtual celebration of our official state exercise. Throughout the spring, many residents took daily walks to stay active and reduce stress during the stay-at-home order. As the seasons change, it's a beautiful time of the year to get outside, explore your neighborhood, engage in healthy living and remain safe.

Embracing a routine and making a plan can help you stay healthy. Taking a walk to reflect on your day, engaging with virtual services, and making sure you get your flu shot, can all help us to get through this season safely. And don't forget to continue COVID-19 preventive habits every day — wear a mask, wash your hands frequently, and physically distance from those outside your household. Wishing you a safe month ahead.

A variety of health and wellness segments will round out the virtual showcase, focusing on popular self-care management options including Living Well and Stepping Up Your Nutrition; plus, Caregiver Support Services; Paws4Comfort; and Kindred Spirits, Connections and SeniorsTogether peer support groups.

Mark your calendar to join us for a day full of information and inspiration, delivered virtually! **For a full schedule and event details, visit www.howardcountymd.gov/masteraging.**

Don't miss out on the 2021 Howard County Resource Guide featuring resources, programs and services geared to Howard County's older adults, persons with disabilities and caregivers, debuting during the Master Aging virtual showcase on Friday, October 23!



Nutrition and Breast Cancer Prevention

by Carmen Roberts, MS, RD, LDN, Nutritionist, Howard County Office on Aging and Independence

Breast cancer affects one in eight women in the United States. While lifestyle factors such as being overweight, sedentary, a smoker, or a heavy drinker can increase your cancer risk, there are some foods that can actually decrease your risk of breast cancer. Try adding more of these five cancer-fighting foods to your diet:

1. **LEAFY GREEN VEGETABLES** contain powerful cancer-fighting antioxidants. Antioxidants have the ability to attack free radicals in your body to get rid of them. Free radicals can damage the DNA in your cells, leading to disease over time.
2. **CITRUS FRUITS** also contain antioxidants and have anti-inflammatory properties.
3. **BERRIES** contain antioxidants that protect against damage to cells and the spread of cancer cells.
4. **FATTY FISH** (salmon and mackerel) contain healthy omega-3 fats that have cancer-protective effects.
5. **BEANS** are high in fiber that can protect against the development of breast cancer.

Limiting alcohol, fried foods, processed foods, added sugars, and refined carbohydrates can also reduce your cancer risk. For more guidance on breast cancer prevention, talk to your primary care provider or a registered dietitian.



Medicare Open Enrollment is October 15 through December 7

It's time to review your current Medicare plan to see if it will work for you next year. You can stay in your current plan if you are happy or compare plans to see if there is an option that better fits your needs. **Contact SHIP** — Howard County's State Health Insurance Assistance Program — at 410-313-7392 (voice/relay) to schedule a virtual appointment with a SHIP counselor. **For more information, visit us at www.howardcountymd.gov/SHIP.**



KNIT/CROCHET for VETERANS!

The **Howard County Office of Veterans and Military Families** is collecting homemade **SCARVES AND HATS** for military members.

Drop off your items no later than **Friday, November 6**, at the Department of Community Resources and Services, one of our 50+ Centers (excluding Bain), or one of four additional locations. **Visit us at www.howardcountymd.gov/veterans for details.**

- ★ Scarves should be 4" to 6" wide x 48" to 50" long (no fringe).
- ★ Hats should fit an adult-size head.
- ★ Colors should be subtle shades or earth tones: blues, browns, olive, grays, maroon, and black. Red/white/blue also acceptable.
- ★ Materials can be wool, acrylic or non-flammable fleece.

For more information, contact Lisa B. Terry

- ★ PHONE 410-313-0821 (VOICE/RELAY)
- ★ EMAIL veterans@howardcountymd.gov

9830 Patuxent Woods Drive, Columbia, MD 21046
www.howardcountymd.gov/veterans

Walktober: Step Up Your Health

Walk Maryland Day



Walk Maryland Day — October 7 — is a celebration of our official state exercise: walking! It is also a call to action to promote awareness that regular walking can improve your health and encourages Marylanders to participate. **Walktober** is a state-wide movement to get people moving. So, let's challenge ourselves to move during the month of October... and beyond!

Walktober: Step Up Your Health is a local initiative of the **Howard County Office on Aging and Independence (OAI)** being offered to complement the Maryland program.

OAI is offering this FREE, month-long, fitness event which will provide registrants weekly challenges direct to your personal email. Our fitness team will provide ideas, classes, resources, videos, and more to keep your feet moving at least THREE times a week. Those who finish the challenge and achieve 12 days of activity will receive a small gift courtesy of AARP Maryland.

MAKE A COMMITMENT TO YOURSELF TO GET FIT THIS OCTOBER!

REGISTRATION IS REQUIRED and open until October 4 at
http://apm.activecommunities.com/howardcounty/Activity_Search/100404

For more information, contact Malarie Burgess
410-313-6073 (VOICE/RELAY) • mburgess@howardcountymd.gov

EARLY VOTING IN HOWARD COUNTY

**October 26 to
November 2
7 am to 8 pm**



Calvin Ball
Howard County
Executive

- ☐ Long Reach High School
6101 Old Dobbin Lane, Columbia
- ☐ Marriotts Ridge High School
12100 Woodford Drive, Marriottsville
- ☐ Meadowbrook Athletic Complex
5001 Meadowbrook Lane, Ellicott City
- ☐ Reservoir High School
11550 Scaggsville Road, Fulton
- ☐ Wilde Lake High School
5460 Trumpeter Road, Columbia



Howard County Office on
Aging and Independence

Department of Community Resources and Services

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To join our subscriber list, email kahenry@howardcountymd.gov

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